



Health Fair packs 'em in



A montage of State Health Commissioner Greg Wilson, M.D.; Danielle Patterson, director, Minority Health; and Jennifer Pitcher, director, Human Resources.

Cutting the ribbon are Martha Bonds, Health Fair director; Olympic track star Jackie Joyner-Kersey; Dr. Michael Busk, IU School of Medicine; State Rep. Bill Crawford; Mexican Consul Sergio Aguilar; Dr. Wilson; and Danielle Patterson.



Pictured below is the Central Heights Church of Christ Acappella Choir performing during the Health Fair opening ceremony.



In opening the 2003 Black & Minority Health Fair, State Health Commissioner Greg Wilson, M.D., said, "Unfortunately, the burden of chronic disease falls most heavily on minority populations.

"The mortality rate for heart disease in 2001 for African Americans was approximately 25 percent higher than in whites. Prevalence and mortality of diabetes for Hispanics is twice that of whites in the U.S., and the mortality rate of African Americans from asthma is three to four times greater than for whites," he said.

"Our goal during the four-day event is to educate, screen, and counsel our participants on a variety of health issues and preventative health maintenance issues," Dr. Wilson added.

The Health Fair certainly met that goal. Weilin Long, Newborn Screening program director, said an average of 500 people stopped by the [Children and Family Health Service Commission](#) booth per four-hour shift.

"We gave out all of the 35 boxes of materials and gifts, and we answered many questions. This is a great educational opportunity," she said.

Dave Garner, assistant director, [HIV/STD division](#), said they, too, had hundreds of people stop by their booth.

"We had a great location," Garner said, "right at the point of entry to the fair."

Those who stopped by the [Community Nutrition Program](#) booth got nutritious and healthful food samples cooked on the spot by Judy Rose, the program's director, and her helpers.

"The favorite 'old' recipe from previous years was 'Zimbabwe Greens,'" Rose said. This recipe showed a new and healthful way of cooking lutein-rich collard greens, Rose added. Lutein has been recommended to ward off age-related eye disease.

Another popular sample was "Luther's Italian Chicken Soup," a soup rich in lycopene-containing tomato products.

"Many people came by and said they have used recipes or cooking techniques they learned from us last year. That is rewarding, but it keeps us challenged to find new items," Rose said.

Health Fair photos throughout this issue of the Express are by photographer Daniel Axler.

People with asthma don't win Olympic medals

For a long time Jackie Joyner Kersee was in denial. She didn't want to believe she had asthma.

"People who had asthma weren't supposed to be able to do the things I was doing," the Olympic gold medal heptathlon athlete said. Kersee was running track, jumping hurdles, doing the high jump and the long jump, competing in the shot putt, throwing the javelin, and playing basketball and volleyball.

And it was not until she was in college that she was actually diagnosed with asthma. Her family and high school and junior high coaches thought her wheezing, shortness of breath, and occasional inability to compete were caused by the damp spring weather in her home state of Illinois or by a lack of conditioning and preparation.

But when I moved to California to go to college, the same patterns persisted," Kersee said. Obviously, it wasn't the weather.

In California, she said she had a particularly bad attack and first was told she had mononucleosis, then bronchitis.

Then her coach, who had worked with asthmatics before, told her she needed to go to an allergist. She did, and she was diagnosed with asthma. That was in 1982. Her doctors came up with a regimen to control her asthma. In 1984, she won the first of her six Olympic medals.

Kersee, whose speaking tour is sponsored by GlaxoSmithKline, was in Indianapolis and the Black & Minority Health Fair to promote asthma awareness.

A 2001 public health survey indicated that asthma is more prevalent among African Americans than among whites, both in Indiana and nationally. The survey also showed that asthma is greater among the state's urban populations and in households



Olympic medal winner Jackie Joyner-Kersee

with incomes of less than \$15,000 per year.

State health officials report that for all populations in Indiana, there were more than 8,000 hospitalizations and 63 deaths due to asthma in 2001. The mortality rate for asthma among African Americans in Indiana is more than three times greater than it is for whites.

Kersee said she wants people to know that it is important to follow their doctor's advice.

"Asthma can be controlled," Kersee said. "You can prevent attacks. It's important to follow the advice of your

physician. What's right for me is different than what might be right for my cousin or my friend."

Kersee said she also wants young people to know that asthma is treatable and attacks preventable. And, she doesn't want youngsters to be ashamed they have asthma.

"I felt I had to go behind a bush so nobody would see me use my rescue inhaler," Kersee said. "And sometimes I would have to wear a mask when I competed, and I thought everybody was staring at me."

Kersee added that it is important to be diligent in taking the prescribed medications. She admitted that in the past she would stop taking her medication because she was feeling good and didn't have any symptoms. That, however, was the wrong approach; the attacks and symptoms would reappear. She now sticks to her medication schedule and is symptom free, and she will continue to follow this regimen for life.

Her advice to kids?

"Never give up," she says. "I'm glad I can go back to my hometown of East St. Louis and other places and open the eyes of younger kids about asthma."

She said she wants young kids – and their coaches – to know that there are screenings for asthma, such as the spirometer that measures how much air a person is able to exhale over a given period of time.

And she wants coaches to recognize the symptoms of asthma.

"When your eyes are welling up, your nose is running, and you're coughing, the coach should recognize these as symptoms of asthma. It's not that you're out of shape," Kersee said.



Kevin Gaither, Consumer Advisory Board; **Larry Jimison**, HIV/STD Division; and **Mark Hughes** of Brothers Uplifting Brothers, a Lake County community based organization, talk to visitors at the HIV/STD booth.



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Fun, Facts and Information at the Health Fair



Casey McIntire, executive director of the [Governor's Council on Physical Fitness and Sports](#), checks out the left hand signals of kids during a bicycle safety demonstration.

Angelmanjelica Bohannon, six years old and smiling broadly, tries out a bicycle and a helmet. Angel, visiting from California, gets to keep her helmet.

Tasha Smith-Bonds, [Office of Minority Health](#), and **Judy Rose**, [Community Nutrition Program](#) director, give out samples of the healthful trifle, a fruit and yogurt dessert they concocted at the Health Fair. In addition to tasting food samples, visitors to the booth got pamphlets and recipes. Youngsters received coloring sheets of large fruits and vegetables.

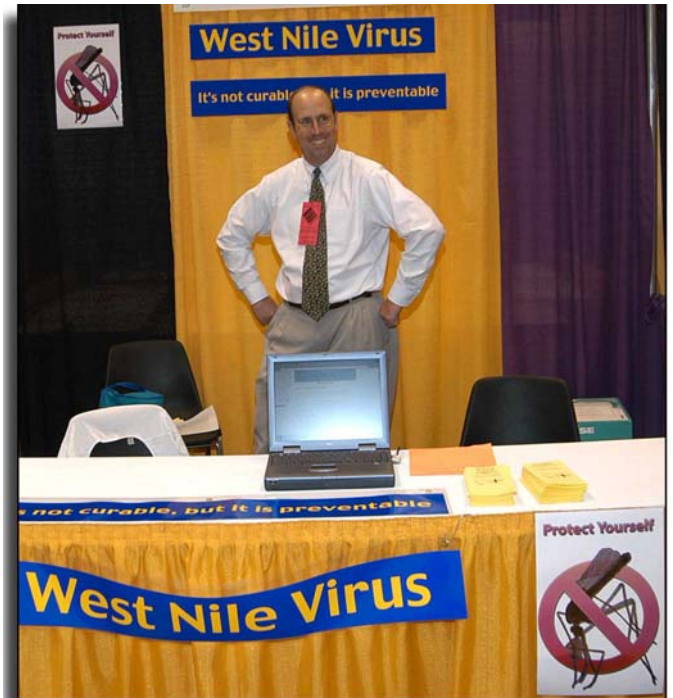


Kari Tapley, Hepatitis B field investigator, talks to a visitor at the [Childhood Immunization](#) booth.

Health Fair visitors learn the facts



Visitors to the Health Fair sign up for free screenings and tests.



Andy Zirkle, Office of Public Affairs, is ready to answer questions about the [West Nile virus](#).



Amy Lawrence of Wishard Health Services checks the blood pressure of Health Fair visitor Gloria Camplin.



Chef Markus, sponsored by GlaxoSmithKline, gives a cooking demonstration.

Free screenings highlight of Health Fair



Air flow, an indicator of asthma, is checked with the use of a spirometer in the GlaxoSmithKline truck.



Weilin Long, Newborn Screening program director, gives visitors information at the [Children and Family Health Service Commission](#) booth. Her 11-year-old daughter Angela Ma, who volunteered eight hours on Friday and four hours on Saturday, looks on.



Deborah Gillard takes advantage of "One Stop-One Stick" at the Health Fair. Riley Hospital volunteer Donelle Hodges gets ready to draw blood.



Volunteers from Roche Diagnostics test blood samples. Results for cholesterol and blood sugar were available the day of the test.

New Deputy Commissioner will bring flexibility to position

Liz Carroll, the new deputy health commissioner, believes in knowing what she's getting in to. When she became assistant commissioner in January 2002, she made a point to go out with her field staff occasionally.

"I did a tour of failed septic systems. I went to migrant labor camps. I visited a cannery. I went out with them when they inspected restaurants at the state fair," she said.

"I'm flexible," she said.

And that's one thing she says she will bring to her new position – flexibility.

"This agency is big enough and diverse enough to be able to respond to outside events, and this agency has adapted to a lot – bioterrorism, anthrax, monkeypox, smallpox."

She said, "I like not knowing exactly what each day is going to bring."

Carroll also says she simply likes public service.

"I like having a job where I can always feel good about what I'm doing. When you work at the health department, you are always making a difference and I like that. That may sound hokey, but I think it's true."

Carroll, who replaces Michael Hurst as deputy commissioner, officially begins her new position Aug. 4.

This will be Carroll's fourth role at the Indiana State Department of Health. Her first stint at ISDH was from 1993 to 1995 as chief legal counsel. She has also been a consultant for the department at the Soldier's and Sailors' Home, and was named assistant commissioner for health care regulatory services in 2002.

Carroll, who has a J.D. degree from the University of Michigan Law School, said she keeps coming back to ISDH because of the "wonderful, committed employees."

She added, "I have very much enjoyed being an assistant commissioner. The

people in long-term care, acute care, and consumer protection have all been a wonderful group of people to work with.

They're going to have a hard time getting rid of me because I'm going to come back to visit. The next assistant commissioner will be lucky to get this group."

Carroll praised Michael Hurst's accomplishments as deputy commissioner, noting his involvement in employee morale issues and the employee incentive committee. She said she plans to also get involved in those areas, while at the same time bringing her own stamp and her own personality to the position.

Right now I'm assessing what I can bring to the role," she said. "I'm delighted to be working with Dr. Wilson in a new capacity. He's brought a lot of exciting initiatives to the agency and I'm looking forward to being part of that."

Carroll said, "People should feel free to stop by and say 'Hi' or call me. I want people to get to know me if they don't already," she said.

As a stress reliever, Carroll likes to take her dog Machi to compete in obedience and agility events. Actually, Machi (short for Machiavelli) started out four years ago as a birthday present for her husband.

But "he was such an awful dog" – Machi chewed "Dog Tricks for Dummies" all to pieces – that they decided to take him to obedience school. That got Carroll hooked on obedience competition and then



Liz Carroll

Photo by Daniel Axler

on agility competition.

"We've had some spectacular disqualifications," she said.

Once she stepped on Machi at the starting line. Although it probably didn't make Machi very happy, that didn't disqualify the two.

About three-quarters of the way through the "doggie obstacle course" of teeter totters, hurdles and weave poles – running and jumping events that just got Machi "wired" – came the challenge of getting the Sheltie to jump up on a table and be still.

Machi had been barking at me throughout the course," Carroll said, with a rueful look. "He just refused to get up on the table. He just barked at me."

Machi and Carroll have been disqualified at Bloomington, Ill., too. But there have been successes. There was a second in Corydon and a fourth in Fort Wayne. And a first at their last agility meet.

"But Machi may have been the only dog in his class competing," Carroll admitted.

Oral Health Director receives Charles W. Gish Award



ISDH Director of **Oral Health** Mark Mallatt, D.D.S., M.S.D., received the Charles W. Gish Award from the Indiana Dental Association on June 5.

The Gish Award recognizes Indiana citizens who have demonstrated outstanding leadership in dental health services, and who have made a positive impact or significant improvement in the overall dental health within a given community.

Mallatt, who was a faculty member at Indiana University for 15 years before

joining ISDH in 1990, said, "I was really honored by this award."

Over his 27-year career, Mallatt has served as a clinical examiner, co-investigator, or principal investigator in more than 70 clinical trials.

Mallatt said one of his studies was the 1981-82 clinical trial of the effects of Tartar Control Crest, which was then introduced in 1985. He is also the author or co-author of more than 35 research publications.